



Quaker Hill Elementary School

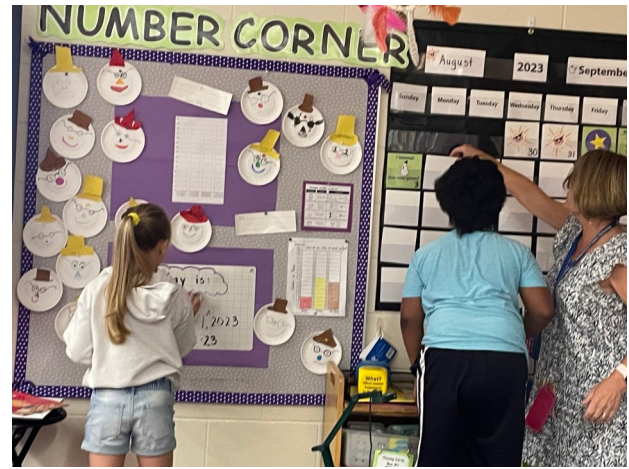
Christopher Discordia, Principal
cdiscordia@waterfordschools.org

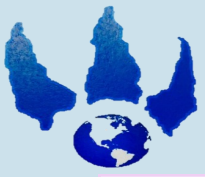


Principal's Notes

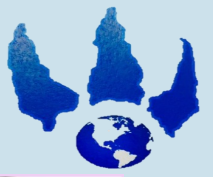


Scenes
from
QH
Week 2!





Quaker Hill News



Week of September 11th-15th

Monday - D

Tuesday - A

Wednesday - B

Thursday - C

Friday - D

Lunch Menu for the week of September 11th-15th

Mon: Pizza Bites, marinara sauce, spinach & tomato salad, apple juice, milk

Tue: Teriyaki chicken & dumplings, noodles, steamed broccoli, mandarin oranges, baby carrots, milk

Wed: Cheesy taco penne pasta, tomato & cucumber salad, green pepper strips, corn muffin, apple, milk

Thu: Chicken & waffles, syrup, cinnamon carrots, potato tots, applesauce, milk

Fri: Turkey grinder, cheese, lettuce, baby carrots, goldfish, raisins, mango juice, milk

Every year, 18,000 patients are diagnosed with life-threatening blood cancers or other blood disorders that could be cured or treated with a blood stem cell transplant. But 70% of them don't have a fully matched donor in their family. They depend on Be The Match® to find an unrelated donor. *Adapted from [//my.BeTheMatch.org/strongestboy](http://my.BeTheMatch.org/strongestboy)*

The Waterford community, including families within our district (see below), have been impacted by these cancers and are looking to raise awareness regarding the Be The Match® program and the need for donors for bone marrow transplants.

Please visit [//my.BeTheMatch.org/StrongestBoy](http://my.BeTheMatch.org/StrongestBoy) for more information on this life saving program and for the process to become a donor.



YOU COULD BE THE CURE FOR TIAGO

Tiago, Waterford, CT
searching patient

Join the Be The Match Registry®
on behalf of Tiago today!

BE  THE MATCH®





**Pay for 2023-24
School Meals and WPS Device Protection
with Our New Payment System!**

Dear Parents and Guardians,

We've teamed up with MySchoolBucks, an online service where you can easily and securely pay for school meals and WPS Device Protection using a credit/debit card or electronic check.

Using MySchoolBucks you can:

- Add funds to your student's meal account
- View meal balances & cafeteria purchases
- Receive low balance alerts
- Purchase WPS Device Protection for your child's school issued device for the 2023-24 school year

Easily pay online for school meals and WPS Device Protection for students in Grades 4-12! Create your free MySchoolBucks account to conveniently and securely pay online or download the mobile app to make payments from anywhere!

Get Started Today:

1. Go to myschoolbucks.com or download the mobile app
2. Create your free account and add your students using their school name / student ID
3. Add funds to your student's meal account or add items from the School Store section
4. Check out using your credit / debit card or electronic check *(A program fee may apply)*


Thank you,

WPS Food Services and WPS IT Department



Quaker Hill Elementary School PTA (Q.H. PTA)
would like to welcome you to the 2023/2024 school year!




It is easier than ever to find out what Q.H PTA has going on.....

Check out our website 



<https://sites.google.com/view/qhpta>

Or <https://qh.waterfordschools.org> > Parents & Family > Parent Committees > PTA

Be sure to **LIKE**  and **FOLLOW**  us on 

Interact with us on Facebook @qhpta

Here you can get updates on activities, events, DM us with questions, see photos, etc.

Send Us An Email



qhpta2007@gmail.com

JOIN Us

Q.H. PTA has monthly meeting and childcare is always provided.
Meetings are located in the Quaker Hill Elementary School Library

Our first meeting of the year is on Tuesday on 09/5/23 at 6:30 PM

QHPTA Events 2023/2024

Dates Are Tentative and Subject to Change

Please Follow us on FACEBOOK (@qhpta) for the most up to date information

SEPTEMBER

- 09/05/23 5th grade committee meeting (5:00PM)
PTA meeting (6:30PM)
Room Parent Sign Ups (Must attend to sign up)
- 09/13/23 Back to School Breakfast for Staff
- 09/15/23 Back to School Picnic
- 09/16/23 Back to School Picnic (RAIN DATE)
- 09/22/23 Meadow Farm Fundraiser Begins

OCTOBER

- 10/03/23 5th grade committee meeting (5:00PM)
PTA meeting (6:30PM)
- 10/05/23 Picture Day
- 10/13/23 Meadow Farm Fundraiser Ends
- 10-16-10/20/23 Fall Book Fair
- 10/18/23 Fall Spirit Wear Sale Begins
- 10/29/23 Trunk or Treat

NOVEMBER

- 11/14/23 5th grade committee meeting (5:00PM)
PTA meeting (6:30PM)
- 11/21/23 QHES Spirt Day
- 11/??/23 Picture RETAKE day (TBD)

DECEMBER

- 12/08/23 Movie Night
- 12/15/23 Holiday Craft Night
- 12/17-12/23/23 Five Below Shop Out

JANUARY

- 01/02/24 5th grade committee meeting (5:00PM)
PTA meeting (6:30PM)
- 01/05/24 Movie Night

Continued on back

HELLO

my name is

*Super Awesome
Room Parent*

Are you interested in helping your child's teacher and being involved in the school community?

Being a room parent is a GREAT way to do just that! Room parents help with classroom activities throughout the year in various ways. For example, collecting donations for needed classroom supplies, planning and prepping crafts for holiday parties, and volunteering in the classroom. Room parents collect contact information from other class parents, coordinate teacher gifts, and help serve as a liaison between the PTA and classroom. Duties can vary depending on the teacher and grade level.

All those interested in becoming a room parent MUST attend the first QHPTA meeting on TUESDAY 09/05/23 at 6:30PM in the school library to sign up.

ALL Room Parents must be QHPTA members; sign up here



Please contact Crystal Leahy, PTA room parent coordinator with any questions, crystal.leahy12@gmail.com

VIEW OUR CURRENT Volunteer Opportunities



Q.H. PTA sponsors many fun activities throughout the school year! We will need volunteers for a wide range of tasks. Do you want to support Q.H. PTA but you are unsure how (???) check out some of the volunteer opportunities we have this fall.

**PLEASE REVIEW THE LIST ACTIVITIES AVAILABLE TO PARTICIPATE IN AND THEN HEAD TO OUR SIGNUP GENIUS PAGE TO SIGN UP. VOLUNTEERS MUST SIGN UP VIA OUR SIGNUP GENIUS PAGE.
SCAN QR CODES TO ACCESS SIGN UP FOR EACH EVENT.**

HAVE QUESTIONS?? PLEASE EMAIL IT to qhpta2007@gmail.com

**PLEASE NOTE: IF WE DO NOT HAVE ENOUGH VOLUNTEER SUPPORT FOR EVENTS,
WE WILL CANCEL THE EVENT.**

Back To School Staff Breakfast September 13th Event runs through morning hours
We are looking for volunteers to prepare/donate a dish, set up, or clean up.
How can you help?

Donate an item / dish for the breakfast
SET UP evening prior (any time after school hours)
CLEAN UP (3:00PM to 4:00PM)



Back to School Bash September 15th (rain date September 16th) Event runs from 5PM to 7PM
We are looking for volunteers to set up, supervise a station, or clean up.
How can you help?

I can help with Picnic SET UP (3:30PM to 4:45 PM)
I can SUPERVISE A STATION (5:00 PM to 6:00 PM)
I can SUPERVISE A STATION (6:00 PM to 7:00 PM)
I can help CLEAN UP (7:00PM to 8:00PM)



Trunk or Treat October 28th Even runs from 3:00 PM to 5:00 PM and is RAIN OR SHINE
We are looking for volunteers help set up, trunks to participate, and volunteers to clean up.
How can you help?

I would like to decorate my truck for trunk or treat (2:00PM to 5:00PM)
I can volunteer to set up the truck or treat (2:00 PM to 3:00PM)
I can volunteer during the truck or treat (Multiple Options)
I can volunteer to clean up after truck or treat (5:00PM to 5:30PM)



Conductor's Cotner



Small string instruments needed!

Seeking donations of both
1/4 size and 1/2 size violins.



Tax donation letters available!

Conductor's Corner



Used music books wanted!
Don't throw away your old
Band and Orchestra music books—
they have a future at QHS!



Your donation will make a difference!

MONTHLY
VIRTUAL
TRAINING
SESSIONS

CENTER OF EXCELLENCE
FOR TEACHING AND LEARNING



PARENT TRAINING INSTITUTE

Sept. 2023 - June 2024

PURPOSE: THE SCSU Parent Training Institute will offer monthly virtual training sessions, and helpful resources on a range of topics that can help parents support their child's academic, social, and emotional development.

- **WHO:** Open to parents of children of all ages.
- **WHERE:** All parent workshops will be held virtually.
- **HOW:** Our online workshops will be recorded for use by registered attendees, including those who are unable to attend live.
- **WHEN:** Starts September 26, 2023. Runs monthly on Tuesdays between 7.00 pm to 8.30 pm.
- **CERTIFICATE:** Every registered attendee will receive a "certificate of completion."
- **COST:** \$100 including full access to 10 live and recorded workshop series.
- For more information, email Dr. Olcay Yavuz at yavuzo1@southernct.edu

REGISTER HERE: <https://bit.ly/3MMxOzF>

PROGRAM DATES/TOPICS:

2023:

- September 26 @7pm Understanding the USA Education System: Parents' Rights and Responsibilities
October 24 @7pm Raising College-Ready Children
November 21 @7pm Understanding College Funding, FAFSA, Scholarship Opportunities and Loan Types
December 12 @7pm Helping Your Child Become Career & Job Ready (Resume, Career Branding, Interview)

2024:

- January 30 @7pm Protecting Your Child from Harassment, Intimidation, and Bullying
February 27 @7pm Utilizing English Second Language Learner, Special Education, and Student Services
March 26 @7pm Supporting Your Children's Executive Functioning, 21. Century and Soft Skills
April 23 @7pm The Roles of Parents to Plan Effective Summer Programs for Children and Youths
May 28 @7pm Raising Socially, Mentally and Emotionally Strong Children
June 11 @7pm Dealing with Drug Internet Addiction, and Cyberbullying

Southern Connecticut
State University
1000 UNIVERSITY BLVD
NEW BRITAIN, CT 06110

CENTER OF EXCELLENCE
FOR TEACHING AND LEARNING



FAMILY PROGRAM

Saturday, September 30, 2:30PM - 4:30PM IN PERSON

A Celebration of Hispanic Heritage Month

Come and celebrate Hispanic Heritage Month with us today. Join us for food, dancing, crafts and fun! *Co-sponsored by Mujeres Entre Cultura ("Women Between Cultures"), Esperanza Latina & Latinos Unidos de Waterford.*



September is Library Card Sign-Up Month! Did you know Waterford residents of all ages, including infants, can get a Waterford Public Library card? If you live in a different town, you can add in your library card from your home town and use it to check out materials here as well. Stop by the library to find out everything you can access with your library card – all for free!

GRAB & GO CRAFTS



Pencil Craft
Sept 2 to Sept 15



Scarecrow
Sept 16 to Oct 6

Pick up supplies in the Children's Room to make Grab & Go crafts at home, while supplies last. Step-by-step video tutorial on our Facebook page ([@waterfordpubliclibrary](https://www.facebook.com/waterfordpubliclibrary)).



Saturday, September 9, 10:30AM - 11:00AM

Sign and Sing

Join Ms. Janine for our first session of Sign and Sing! This fun storytime will include basic signs that both children and their caregivers will benefit from knowing. For ages birth to 5, no registration required. Thank you to CT Humanities for providing funding for this program.






Urgent response for children's mental health crises.



- Thoughts of suicide or self-injury
- Feelings of depression, anxiety or hopelessness
- Out-of-control behaviors
- Substance misuse
- Any mental health crisis

No appointment needed

At the four walk-in **Urgent Crisis Centers (UCC)** for children and adolescents ages 18 and under, trained staff will:

-  De-escalate the crisis
-  Complete an evaluation
-  Connect youth to services

Urgent Crisis Centers



1680 Albany Avenue, Hartford, CT 06105
(860) 297-0520
thevillage.org/UCC



255 Hempstead St, New London, CT 06320
(860) 437-4550
childandfamilyagency.org/urgent-crisis-center



141 East Main Street, Waterbury, CT 06702
(203) 580-4298
wellmore.org/urgent-crisis-center



20 York Street, New Haven, CT 06510
(203) 688-4707
ynhh.org/childrens-hospital/services/emergency-services

In partnership with:



*If a youth needs immediate medical attention,
call 9-1-1 or go to the nearest hospital.*

UCFS Healthcare's School-Based Health Centers and Your School!



The UCFS school-based health centers (SBHC) are a doctor's office inside of your school. The services are provided by an APRN (advanced practice registered nurse)/PA (Physician Assistant) and licensed behavioral health clinician who are experts in adolescent health and are employed by UCFS. The intention of the UCFS SBHC is to supplement the care your child receives at their pediatrician's office.

Services Provided



- Yearly well-child examinations
- Vaccinations
- Sports physicals
- Acute care visits (e.g. sick visits, lacerations, injuries, etc.)
- Chronic care visits (e.g. asthma, ADHD, etc.)
- Mental Health Assessments
- Substance Abuse Screenings
- Counseling (individual, group, and family)

Top 5 Reasons to use the School-Based Health Center

- Convenient same day appointment.
- Removes barriers to care such as lack of transportation.
- Decreases time away from the classroom which improves academic success.
- Improves student's achievement by taking care of behavioral health needs that can make learning difficult.
- Connects students and their families with insurance coverage.

5

Referrals are easy...



- Behavioral Health Referrals can come from students, teachers, counselors, administrators as well as parents/guardians of students.
- Medical visits can be coordinated through the school nurse or directly with our family engagement/medical assistant.
- Working collaboratively with school personnel, families, and local youth services has helped to maximize student support.

To learn More...

School-Based Health Centers are located at Waterford High School and Clark Lane Middle School and are open to all Waterford Public School students.

Scan here to learn about the School-Based Health Center at your school! SBHC line - 860-822-2803



SCAN ME

*Waterford Historical
Society Presents:*

HARVEST TO HEARTH

*Autumn in 1850s
Waterford*



*Blacksmithing
Demonstrations!*

**SEPT. 9th
10 am - 1 pm**

The Jordan Green
Waterford, Conn.
Free Admission!
Donations Gladly Accepted

**FEATURING LIVING HISTORY
ACTIVITIES BY**

Dirty Blue Shirts:

Unending Bounty: Preserving the Harvest
Creature Comforts: Quilts, Flannels, & Knits
Pumpkin Sweet: The Heirloom Apples of Our Past



dirtyblueshirts.com
www.waterfordethistoricalsociety.org

2023 Connecticut Maritime Heritage Festival

Celebrating the Sea, Uniting Our Shores

Port of New London Waterfront Park

SATURDAY, SEPT. 9

10a

Opening Ceremony – City Pier

Cadet singers, Bruce MacDonald award, Navy re-enlistment, Dignitary speakers

10a – 5p

Free Ship Tours

USCGC Eagle, USCGC Ida Lewis, SSV Oliver Hazard Perry, T/V Kings Pointer, Leadership 44 and more

10a – 3p

Free Fun Children's Activities

Touch Tank with Project O, boat book giveaway, decorate a mermaid crown, build a boat, learn nautical knot tying, meet Sammy the Sea Otter, face painting and more!

10a – 5p

Salt the Whale at Parade Plaza

Stroll through Salt and learn about the inside of a whale and more! Free thanks to Stellwagen Bank National Marine Sanctuary.

10a – 5p

Vendor Booths

10a – 9p

Food and Drink

Delicious food trucks and beer garden

11a

Book Reading

Get excited for the parade with animated reading of "Julian is a Mermaid"
Main Stage at City Pier, by the Golden Owl

12p

Parade

Mermaid & Sea Monster Parade starts at top of State Street, turns right on Bank St, left onto Connector to Waterfront Park
Join us on State and Bank Streets for the best views of the parade. Live commentary by Franco from 100.9 K-Hits at Parade Plaza.

1 – 8:15p

Main Stage Performances at City Pier

Steve Elci and Friends children's music 1p
Bawdy Buccaneers 2p • Geoff Kaufman sea chanteys 3p
Carleans 4p • Hoolios 5:30p • Andre Eddie and Friends 7p

7:30p

Flock Theatre's Burning of Benedict Arnold

Join us at the Shaw Mansion to march the traitor's effigy down Bank Street to City Pier where the burning of his effigy dating back to 1782 is re-enacted

New London Maritime Society
Custom House Museum

Open Saturday & Sunday: 10a – 5p
150 Bank St

SUNDAY, SEPT. 10

10a – 5p

Free Ship Tours

USCGC Eagle, USCGC Ida Lewis, SSV Oliver Hazard Perry, T/V Kings Pointer, Leadership 44 and more

10a – 5p

Vendor Booths

10a – 5p

Salt the Whale at Parade Plaza

Stroll through Salt and learn about the inside of a whale and more! Free thanks to Stellwagen Bank National Marine Sanctuary.

10a – 5p

Food and Drink

Delicious food trucks and beer garden

11a – 3p

Dirty Blue Shirts

Living history reenactments

12 – 2p

Maritime Skills Challenge

Come and cheer on Navy vs Coast Guard vs Merchant Marines in feats of strength and skill!

1 – 4p

Free Fishing Clinic

Learn to fish with Dept of Energy and Enviro Protection – Free poles included to take home!

2p

USCG Helicopter

Watch a live Search & Rescue demonstration at City Pier

2 – 5p

Main Stage Performances at City Pier

Orquesta Sensacional - Salsa 2p
Soul Shot - Reggae 4p

3 – 4p

Rum Tasting and Food Pairing on Tall Ship Oliver Hazard Perry

Tickets available on website \$25/\$30

Thames River Heritage Park Boat Tours

For ticketing visit
www.thamesriverheritagepark.org

No Admission Fee

For more information, visit
ctmaritimefest.com





Waterford Professional
Firefighters Association
Local 4629



Wiffle Ball Tournament

Saturday, September 30, 2023

10:00 am start

45 Dayton Road

Waterford CT, 06385

Lisa Dedrick Memorial Field

16-team Double Elimination

\$100.00 per team (\$25.00 per person)

Contact Ronnie Williams to register

ronnierocs@yahoo.com

Great Family Fun, Food Trucks and Raffle

Register by 09/15/2023

Checks made payable to Waterford Professional Firefighters Association (WPFFA)

P.O. Box 278 Waterford CT, 06385

Rain Date Sunday October 1, 2023

The Camp Harkness Foundation Presents ...

FALLFEST

SATURDAY SEPTEMBER 16TH 2023

12:00PM-4:00PM

Come join us and enjoy...

MUSIC

CRAFT FAIR

FOOD TRUCKS

TRAIN RIDES

FACE PAINTING

ASSISTIVE TECHNOLOGY

ARTS AND CRAFTS

EXPO

K-9 DEMONSTRATION

ZUCCHINI BOAT CONTEST

OPEN TO THE PUBLIC!

\$5.00 DONATION PER VEHICLE

CASH ONLY

All proceeds will go to the Camp Harkness Foundation to support projects including updating our playscape!

Check out Camp Harkness Foundation page for more updates!

Camp Harkness

301 Great Neck Rd

Waterford, CT 06385



PLANE PULL[®]

PRESENTED BY **avelo**  AIRLINES[®]



***Special
Olympics***
Connecticut

Tuesday, September 12, 2023

Members of the Waterford Police Department will be pulling an Avelo Airlines Boeing Next-Generation 737 Jetliner a distance of 20 feet to fundraise for the Connecticut Special Olympics.

If you are interested in donating, please go to the following link-

<https://give.soct.org/team/518879>

September Lunch Menu



LUNCH

Grade level portion sizes meet USDA requirements

SEPTEMBER 2023 WATERFORD K-12

LUNCH PRICES
Elementary \$3.25
CLMS \$3.50
WHS \$3.75
Second Meal: \$4.25 Adult Meal \$5.00

Monday

Tuesday

Wednesday

Thursday

Friday

For the 23-24 school year, students qualified for **Reduced status** will receive one lunch at no cost per day

Please visit www.myschoolbucks.com to add funds to your child's account.

AUG 30
Pizza
Cucumber slices
Fresh Broccoli/Ranch dip
100% Fzn Ft juice Sidekick cup
Milk

AUG 31
Beef Hotdog on a WG Roll
Baked beans
Oven Baked Fries
Apple Milk

1
Chicken Patty
Potato wedges
Cucumbers & Ranch
Orange smiles
Cold Milk

4
School Holiday!

5
Cheeseburger on a WG Roll
Sweet potato fries
Baked beans
Apple Milk

6
Macaroni & Cheese
Baby carrots
Peas goldfish
Fresh fruit Milk

7
Beef Nachos
Lettuce & tom
Refried Beans Corn
Corn muffin
Diced pears Milk

8
Brunch for Lunch!
French Toast Syrup cup
Sausage Links
Potato Rounds
100% Mango Juice
Banana Milk

11
Meatless Monday!

Pizza Bites
Marinara sauce cup
Spinach & Tomato Salad
100% apple juice
Cold Milk

12
Teriyaki Chicken & Veg Dumplings
Yakosoba noodles
Steamed Broccoli
Mandarin Oranges
Baby carrots Milk

13
Cheesy Taco Penne' Pasta
Tomato & cucumber salad
Fresh Green pepper strips
Mini corn muffin
Apple Milk

14
Chicken & Waffles
Syrup cup
Cinnamon Carrots
Potato Tots
Applesauce
Milk

15
Turkey Grinder On WG Roll
With Am Cheese & lettuce
Baby carrots with ranch dip
Goldfish crackers
Raisins 100% mango juice
Cold Milk

18
National Cheeseburger Day!

Cheeseburger on a WG Roll
Sweet potato fries
Baked beans
Apple Milk

19
Orange chicken
Brown Rice
Steamed Broccoli
Orange wedges Milk

20
Penne Pasta with meatballs
Green peas
Garlic knot
Diced peaches
Cold milk

21
Chicken Nuggets
Smile fries
Steamed peas
Warm Dinner Roll
Applesauce Cup Milk

22
Beef & Cheese Taco Salad
Black Beans corn
Tostito chips salsa
Pineapple chunks
Cold Milk

25
School Holiday!

26
National Pancake Day!
Pancakes Syrup cup
Sausage Links
Potato Rounds
Warm cinnamon apple slices
100% Mango Juice
Milk

27
Elbows with Meats sauce
Steamed broccoli
Garlic Bread
Diced peaches
Milk

28
Chicken Tenders
BBQ sauce cup
Steamed Broccoli
Baked Potato Wedges
Diced peaches
Milk

29
Breaded/ baked "Italian Combo"
Ravioli & Mozzarella Sticks
Marinara sauce cup
Steamed zucchini
Warm Garlic Knot
Diced Pears Milk

All grain-based items offered at lunch are whole-grain rich which means that at least 50% of the grains in the item are *whole grain (WG)*, all other grains are enriched

A VARIETY OF FRESH FRUITS OFFERED DAILY "Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness"

Alternate Choice Yogurt Meal available daily = Yogurt, Mozzarella string cheese, baby carrots, craisins, goldfish crackers, dinner roll, milk

Milk choices: 1% White or Fat Free Flavored

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

*Menus are subject to change

September Breakfast Menu



BREAKFAST

SEPTEMBER 2023
WATERFORD PUBLIC SCHOOLS

Milk only: \$.75

Second Breakfast Price: \$2.75

Monday

Tuesday

Wednesday

Thursday

Friday

One FREE breakfast for all students daily.

Please visit www.myschoolbucks.com to add funds to your child's account.

AUG 30

Breakfast break cereal
100% apple juice
craisins
Milk

AUG 31

Yogurt & String
Mini muffin
100% fruit Juice
Banana
Milk

School Holiday!

Breakfast sandwich
100% fruit juice
craisins
Milk

Banana bread
100% fruit juice
Orange smiles
Milk

School Holiday!

Breakfast Pizza
Banana
100% fruit juice
Milk

French Toast sticks
Warm Cinnamon apple slices
100% fruit juice
Milk

Sausage Biscuit
Applesauce
100% fruit juice
Milk

Pancake bites
Applesauce Cup
100% fruit juice
Milk

Breakfast sandwich
Orange smiles
100% fruit juice
Milk

Snackin' Waffle
100% fruit juice
Apple
Milk

Hardboiled Eggs
Goldfish Graham
100% fruit juice
Raisins Milk

Scrambled egg Cup
Mini muffin
100% fruit juice
Apple
Milk

Banana Bread
100% fruit juice
Assorted fresh fruit
Milk

Hardboiled Egg
Goldfish Graham
100% fruit juice
Craisins
Milk

Breakfast Pizza
Banana
100% fruit juice
Milk

Cheese stick &
Oatmeal Breakfast round
100% fruit juice
Apple slices
Milk

Sweet potato Roll
100% fruit juice
Fresh orange
Milk

Yogurt & cereal bar
100% fruit juice
craisins
Milk

Cheese omelet
Croissant
100% fruit juice
Fresh Orange
Milk

Egg & Cheese breakfast
sandwich
Apple
100% fruit juice Milk

Egg & Cheese
Breakfast sandwich
100% fruit juice
Craisins Milk

ALL Grain-based items offered at breakfast are Whole Grain Rich which means that at least 50% of the grains in the items are whole grain and all other grains are enriched

*Milk Choices: 1% white or Fat Free Flavored

* A variety of breakfast options offered daily

* All breakfast includes 1 cup of fruit

* Menu subject

September Pre-K Menu

BREAKFAST **LUNCH**

SEPTEMBER 2023
WATERFORD SCHOOLS PRE K

LUNCH \$3.25
MILK ONLY \$.75

Grade level portion sizes meet USDA requirements

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For the 23-24 school year, students qualified for Reduced status will receive breakfast and lunch at no cost</p> <p>Please visit www.myschoolbucks.com to add funds to your child's account.</p>		<p>AUG 30 Cereal 100% Apple juice Milk</p> <p>Pizza Cucumbers/ranch Sidekick cup Milk</p>	<p>AUG 31 Mini pancakes, 100% juice banana Milk</p> <p>Yogurt, baby carrots goldfish crackers Milk</p>	<p>WG Sweet potato roll 100% juice orange slices Milk</p> <p>Chicken Patty on a WG Roll Potato wedges Milk</p>
<p>4 School Holiday! No School</p>	<p>5 Breakfast pizza, banana 100% fruit juice Milk</p> <p>Cheeseburger Sweet potato fries Milk</p>	<p>6 Breakfast Sandwich Egg & Cheese on a WG Roll 100% juice Milk</p> <p>Mac & Cheese Peas Dinner roll Milk</p>	<p>7 Banana Bread, Apple juice Milk</p> <p>Soft taco Corn Apple slices Milk</p>	<p>8 Yogurt, mini muffin 100% juice Milk</p> <p>French Toast Sausage tots Milk</p>
<p>11 Breakfast sandwich Egg & Cheese on a WG Roll 100% juice Milk</p> <p>Cheese Pizza Garden Salad Milk</p>	<p>12 Fr toast sticks Apple juice Milk</p> <p>Sun butter sandwich string cheese apple slices Milk</p>	<p>13 A WG Maple Waffle 100% juice Milk</p> <p>Taco penne' pasta Cucumbers Milk</p>	<p>14 Hardboiled egg, Goldfish grahams Apple juice Milk</p> <p>Chicken tenders Cinnamon carrots Milk</p>	<p>15 Cheese Omelet 100% juice Milk</p> <p>Turkey sandwich, gold fish crackers Baby carrots Milk</p>
<p>18 Banana bread Apple sauce cup Milk</p> <p>Cheeseburger on WG Roll Baked beans Milk</p>	<p>19 Sausage Biscuit 1 Apple juice Milk</p> <p>Orange Chicken Broccoli Milk</p>	<p>20 Hardboiled egg, Goldfish grahams Apple juice Milk</p> <p>Pasta with meatballs, diced peaches WG Dinner roll Milk</p>	<p>21 Breakfast Pizza Diced peaches Milk</p> <p>Chicken nuggets With dippin' sauce Smile fries Milk</p>	<p>22 Egg & Cheese sandwich Apple juice Milk</p> <p>Soft taco Golden Corn Milk</p>
<p>25 School Holiday! No School</p>	<p>26 Cereal Orange juice Milk <i>NATIONAL PANCAKE DAY!</i></p> <p>Pancake bites Applesauce cup Milk</p>	<p>27 Scrambled Egg Cup Mini muffin Apple juice Milk</p> <p>Pasta with meat sauce Broccoli Milk</p>	<p>28 Cheese stick, Oatmeal Breakfast Round Banana Milk</p> <p>Chicken Tenders Broccoli Applesauce Milk</p>	<p>29 Egg & cheese Sandwich Apple juice Milk</p> <p>Pizza square Zucchini Milk</p>

All grain-based items offered are whole-grain rich which means that at least 50% of the grains in the item are *whole grain* (WG), all other grains are enriched
A VARIETY OF FRESH FRUITS OFFERED DAILY "Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness"
Alternate Choice Yogurt Meal available daily = Yogurt, Mozzarella string cheese, baby carrots, raisins, goldfish crackers, dinner roll, milk
Milk choices: 1% White or Fat Free Flavored *THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER* ***Menus are subject to change**

2023-24 Elementary Letter Rotation Schedule

August 2023					September 2023					October 2023				
Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri
									1 C	2 B	3 C	4 D	5 A	6 B
						5 D	6 A	7 B	8 C		10 C	11 D	12 A	13 B
					11 D	12 A	13 B	14 C	15 D	16 C	17 D	18 A	19 B	20 C
					18 A	19 B	20 C	21 D	22 A	23 D	24 A	25 B	26 C	27 D
		30 A	31 B			26 B	27 C	28 D	29 A	30 A	31 B			

November 2023					December 2023					January 2024				
Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri
		1 C	2 D	3 A					1 D		2 D	3 A	4 B	5 C
6 B		8 C	9 D		4 A	5 B	6 C	7 D	8 A	8 D	9 A	10 B	11 C	12 D
13 A	14 B	15 C	16 D	17 A	11 B	12 C	13 D	14 A	15 B		16 A	17 B	18 C	19 D
20 B	21 C				18 C	19 D	20 A	21 B	22 C*	22 A	23 B	24 C	25 D	26 A
27 D	28 A	29 B	30 C							29 B	30 C	31 D		

February 2024					March 2024					April 2024				
Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri
			1 A	2 B					1 D	1 D	2 A	3 B	4 C	5 D
5 C	6 D	7 A	8 B	9 C	4 A	5 B	6 C	7 D*	8 A					
12 D	13 A	14 B	15 C	16 D	11 B	12 C	13 D	14 A	15 B	15 A	16 B	17 C	18 D	19 A
		21 A	22 B	23 C	18 C	19 D	20 A	21 B	22 C	22 B	23 C	24 D	25 A	26 B
26 D	27 A	28 B	29 C		25 D	26 A	27 B	28 C		29 C				

May 2024					June 2024				
Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri
		1 D	2 A	3 B					
6 C	7 D	8 A	9 B	10 C	3 B	4 C	5 D	6 A	7 B
13 D	14 A	15 B	16 C	17 D	10 C	11 D*	12 A*		
20 A	21 B	22 C	23 D	24 A					
	28 B	29 C	30 D	31 A					



■ No School
* Early Dismissal

August 2023				
Mon	Tue	Wed	Thu	Fri
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28*	29*	FD	31	

(2 day ~ 2 cumulative)

- 8/28 - ± Staff Convocation
- 8/29 - * PD - No School - PK-12
- 8/30 - First Day of School

September 2023				
Mon	Tue	Wed	Thu	Fri
				1
SH	5	6	7	8
11	12	13	14	15
18	19	20	21	22
SH	26	27	28	29

(19 days ~ 21 cumulative)

- 9/4 - School Holiday (Schools Closed)
- 9/25 - School Holiday (Schools Closed)

October 2023				
Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
SH	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

(21 days ~ 42 cumulative)

- 10/9 - School Holiday (Schools Closed)

November 2023				
Mon	Tue	Wed	Thu	Fri
		1	2	3
6	PD	8	9	SH
13	14	15	16	17
20	21	School Holiday		
27	28	29	30	

(17 days ~ 59 cumulative)

- 11/7 - * PD No School for Students- PK-12
- 11/10 - School Holiday (Schools Closed for Students), P/T Conferences
- 11/22 - 11/24 - School Holiday (Schools Closed)

December 2023				
Mon	Tue	Wed	Thu	Fri
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
School Holiday				

(16 days ~ 75 cumulative)

- 12/22 - Early Dismissal PK-12
- 12/25 - 12/29 - School Holiday (Schools Closed)

January 2024				
Mon	Tue	Wed	Thu	Fri
SH	2	3	4	5
8	9	10	11	12
SH	16	17	18	19
22	23	24	25	26
29	30	31		

(21 days ~ 96 cumulative)

- 1/1 - School Holiday (Schools Closed)
- 1/15 - School Holiday (Schools Closed)
- 1/18-1/23 - ** Midterm Exams: Early Dismissal 9-12

February 2024				
Mon	Tue	Wed	Thu	Fri
			1	2
5	6	7	8	9
12	13	14	15	16
SH		21	22	23
26	27	28	29	

(19 days ~ 115 cumulative)

- 2/19-2/20 - School Holiday (Schools Closed)

March 2024				
Mon	Tue	Wed	Thu	Fri
				1
4	5	6	PT	PD
11	12	13	14	15
18	19	20	21	22
25	26	27	28	SH

(19 days ~ 134 cumulative)

- ** 3/7 - P/T Conferences: Early Dismissal PK-12
- 3/8 - * PD No School for Students - PK-12
- 3/29 - School Holiday (Schools Closed)

April 2024				
Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
School Holiday				
15	16	17	18	19
22	23	24	25	26
29	30			

(17 days ~ 151 cumulative)

- 4/8 - 4/12 - School Holiday (Schools Closed)

May 2024				
Mon	Tue	Wed	Thu	Fri
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
SH	28	29	30	31

(22 days ~ 173 cumulative)

- 5/27 - School Holiday (Schools Closed)

June 2024				
Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
10	11	LD	13	14
17	18	19	20	21
24	25	26	27	28

(8 days ~ 181 cumulative)

- 6/6 - 6/11 - ** Final Exams: Early Dismissal 9-12
- 6/11 - ** Early Dismissal PK-12
- 6/12 - Last Day of School Early Dismissal PK-12



NOTE: Snow days will be added onto the school year as needed.

BOE Approved: December 8, 2022

± Staff Convocation is for all staff of the Waterford Public Schools
 * Professional Development is for Administrators, Teachers, Paraprofessionals 8 AM-3 PM
 ** Full day for Paraprofessionals